



San Ramon Valley Little League

Learning Objectives - AA

- Reinforce good throwing mechanics
 - Throwing routines
 - Introduce shuffle steps “crow hop”
- Reinforce defensive fielding skills and knowledge
 - Athletic body position for fielding
 - Develop footwork - timing to the ball, follow through for the throw
 - Develop glovework (backhand, forehand)
 - Backing up plays
 - Covering bases, infield positions
- Reinforce batting skills and develop pitch recognition
 - Staying balanced, no lunging forward
 - Waiting on the slower pitch
 - How to bunt
- Reinforce baserunning fundamentals
 - Introduction to proper sliding technique
- Introduction to basic pitching mechanics
 1. Come Set
 2. Leg lift and Balance
 3. Separate and Extend the Leg
 4. Release and Follow-Through
- Introduction to catching
 - “Big 3” (receiving, blocking, throwing)
- Develop good sportsmanship and respect for umpires
- Learn to love specific positions and aspects of Baseball